

SIERRA INTERNATIONAL PHARMACEUTICAL CORP PATIENT NEWSLETTER

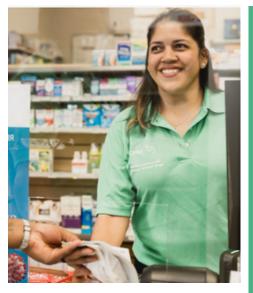
Sierra International Pharmaceutical Corp

Hello SIPC Patients!

Hello, valued patients of SIPC at Columbia Heights Pharmacy!

We're excited to bring your essential information to aid your health and wellness journey.

From updates on the newest medications to practical health tips and exclusive insights into our pharmacy programs, we've got everything you need.



In this Newsletter, you'll discover:

- Pharmacy News and Updates: Stay informed about the newest medication approvals, key regulatory updates, and our latest milestones and accomplishments.
- Exclusive Programs and Promotions:

 Referral Program, Weight Loss Program, and Loyalty

 Program—each designed to offer outstanding value and support.
- Innovative Health Solutions: Experience our cutting-edge virtual consultations, providing exceptional pharmacy care right from your home. Find out how our pharmacy app can simplify your medication management, and discover the benefits of electronic prescriptions.

Highlights from this Month's Newsletter

This July, we're spotlighting three important health observances that raise awareness, promote education, and support equitable care. Learn how you can make a meaningful impact:

- National Minority Mental Health Awareness Month – Mental health care should be inclusive and accessible to all. Discover resources that highlight mental health disparities, support culturally competent care, and promote well-being in underserved communities.
- World Brain Day (July 22) –
 Understand the signs of
 neurological conditions, explore
 early intervention strategies, and
 learn how pharmacies can
 support cognitive care and
 neurological wellness.
- World Hepatitis Day (July 28) Hepatitis remains a global health threat. Learn the ABCs of hepatitis types, prevention tips, and how timely screening and pharmacy-based support can help reduce transmission and protect liver health.



NATIONAL MINORITY MENTAL HEALTH AWARENESS MONTH

July is **National Minority Mental Health Awareness Month**, a time to raise awareness about the unique mental health challenges faced by BIPOC (Black, Indigenous, and People of Color) communities. At our pharmacy, we're here to support your wellness journey with mental health education, culturally competent care tools, and resources to break stigma and build resilience.

WHAT IS MINORITY MENTAL HEALTH?

Minority Mental Health Awareness Month was established in honor of *Bebe Moore Campbell*, a trailblazer for mental health advocacy in communities of color.

Mental health disparities often result from cultural stigma, lack of access to care, language barriers, and provider bias. This month is a call to action: let's bridge gaps and make mental health care more inclusive and effective for all.

WHY MINORITY MENTAL HEALTH MATTERS?

Mental health doesn't exist in a vacuum. **Systemic** racism, generational trauma, immigration stress, and socio-economic barriers all impact emotional wellbeing.

Studies show that minority populations are:

- Less likely to receive mental health services
- More likely to receive poor-quality care
- At higher risk for misdiagnosis and underdiagnosis
- Addressing these inequities starts with awareness; and compassionate, culturally aligned support.

YOUR PHARMACY IS HERE TO HELP

V' You're not alone, and there's help that fits your life. Support starts with small, daily steps:

- 1. **Break the Stigma**: Talking about mental health is brave. Our pharmacy staff is trained to listen without judgment and connect you with trusted providers who understand your background and beliefs.
- 2. **Know Your Resources**: Ask about language-accessible therapy directories, culturally informed self-help apps, and local mental health advocates or organizations.
- 3. Manage Stress Holistically: Incorporate routines like mindfulness, walking, journaling, or breathing exercises into your day. We can recommend supplements and aromatherapy options that support mood and calm.
- 4. **Prioritize Sleep & Nutrition:** A balanced diet, proper hydration, and 7–9 hours of sleep are essential to managing stress and emotional regulation.

SUPPORT FOR ALL CULTURES, ALL VOICES

ALWAYS REMEMBER:

Mental wellness looks different for everyone.

Whether you need culturally sensitive materials, local support groups, or a listening ear, we're here. Let's make mental health a right, not a privilege.



WORLD BRAIN DAY

World Brain Day is observed every **July 22** to raise awareness of brain health and neurological disorders. Each year focuses on a specific theme: this year's focus is "Brain Health for All Ages". The goal: promote prevention, access to care, and equity in support for those living with neurological conditions worldwide.



WHAT IS WORLD BRAIN DAY ABOUT?

World Brain Day is a global campaign led by the World Federation of Neurology (WFN) to spotlight brain health as a universal human right. Neurological disorders are the leading cause of disability worldwide, and many are preventable, treatable, or manageable with early care.

COMMON NEUROLOGICAL DISORDERS

- Stroke
- Alzheimer's disease and dementia
- Epilepsy
- Parkinson's disease
- Migraine and chronic headaches
- Multiple sclerosis (MS)
- Brain injuries (traumatic or acquired)

HOW YOUR PHARMACY CAN HELP

Brain Health Support

We offer memory health supplements, blood pressure monitoring, and screenings for early signs of neurological issues.

Medication Adherence Tools

From pill organizers to refill reminders, we help you stay consistent—especially for long-term brain health conditions.

Resources

Looking after someone with a neurological condition? Ask us about guides, communication tools, and support products to ease the journey.

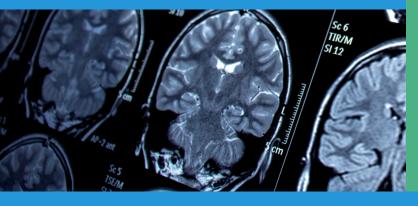
Education & Referrals

We'll connect you to neurologists, rehab services, or community organizations focused on cognitive and emotional well-being.

EARLY SIGNS TO WATCH FOR

- Sudden confusion or memory loss
- Difficulty with speech, movement, or coordination
- Persistent dizziness or numbness
- Seizures or unusual sensory changes
- Chronic migraines or visual disturbances

⚠ Early diagnosis and treatment can greatly reduce the burden of brain-related disabilities.



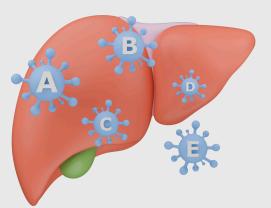
HOW TO PROTECT YOUR BRAIN

- **Stay Mentally Active** Puzzles, reading, or learning a new skill helps build cognitive resilience.
- ♣ Move Your Body Physical activity improves blood flow to the brain.
- Eat for Brain Health Choose omega-3s, leafy greens, and antioxidants.
- Sleep Well Quality rest helps the brain recharge and repair.

Neurological conditions often come with emotional challenges. We can guide you to local mental health resources, stress management tools, and pharmacy-recommended calming aids. You're not just managing symptoms—you're supporting the whole self

💡 Tip: Your brain is your most powerful asset. Protect it with early care, healthy habits, and support from your healthcare team.





WORLD HEPATITIS DAY JULY 28 - ONE LIFE, ONE LIVER

World Hepatitis Day is recognized globally every July 28 to raise awareness about viral hepatitis—a silent epidemic that affects over 354 million people worldwide. This year's theme, "Let's Break It Down: Hepatitis Elimination Together" is a reminder that protecting your liver protects your life.

WHAT IS HEPATITIS?

Hepatitis is **inflammation of the liver,** often caused by a virus. Your liver processes nutrients, filters toxins, and supports immunity—so when it's inflamed, the effects can be serious.

There are five main types of viral hepatitis:

- Hepatitis A Spread through contaminated food or water. Usually short-term, with full recovery.
- **Hepatitis B** Spread through blood, sexual contact, or from mother to child at birth. Can become chronic and lead to liver failure or cancer.
- **Hepatitis C** Transmitted through blood-to-blood contact (often from unsafe injections or transfusions). Often silent for years until severe damage occurs.
- Hepatitis D Only occurs in people already infected with Hepatitis B. Can worsen B's effects.
- **Hepatitis E** Typically spread through contaminated water. Usually acute but can be dangerous during pregnancy.

Hepatitis B and C are the most dangerous because they can persist for life and cause long-term liver damage. Globally, they're the leading causes of liver cancer and liver transplants.

SYMPTOMS TO WATCH FOR

- Fatique
- Jaundice (yellowing of skin/eyes)
- Loss of appetite
- Nausea or vomiting
- Abdominal pain
- Joint pain
- Dark Urine

Often, symptoms don't appear until liver damage is severe, making early screening and vaccination essential

PREVENTION AND PROTECTION

- ✓ Get Vaccinated Vaccines are available for Hepatitis A and B.
- Practice Safe Hygiene Wash hands regularly and avoid contaminated food/water.
- **Use Protection** Avoid sharing needles or unprotected sex.
- **Screen Regularly** Especially if you're in a highrisk group (health workers, dialysis patients, etc.)

HOW CAN WE HELP YOU?

Vaccination Services

Ask about Hepatitis A & B vaccines. We provide convenient, in-store immunization with no appointment needed.

√ Liver Health Screenings

We offer liver enzyme tests and referrals for Hepatitis B/C testing. Early detection saves lives.

Medication Support

If you've been diagnosed, we'll guide you through antiviral treatments, adherence tools, and side effect management.

E Patient Education

Get easy-to-understand materials on liver-friendly diets, alcohol reduction, and how to protect others in your household.

Support for At-Risk Groups

We're here for seniors, travelers, immigrants, and those managing chronic conditions—offering personalized guidance and culturally sensitive care.

🖊 Remember: You only have one liver. Talk to your pharmacy team about getting tested, staying protected, and living liver-smart.

Our Mobile App's Pill Identifier Feature

At Sierra International Pharmaceutical Corp, we're dedicated to streaming your medication management. Our mobile app's key feature, the Pill Identifier, allows you to effortless identify your medications, so you can be sure you're taking the correct pill at the right time.

How it Works:

- Snap a Photo: Take a picture of any pill with your phone's camera.
- **Upload the Image:** Go to the Pill Identifier feature in our app and upload the photo.
- **Receive Immediate Information:** The app will display detailed details about the pill, such as its name, dosage and manufacturer.





Benefits:

- Safety: Prevents risky mix-ups, especially when managing multiple medications.
- Peace of Mind: Helps you ensure accurate medication management.
- Prescription Refills: Easily reorder and monitor your prescriptions.
- Medication Reminders: Set alerts to remember your medication times.
- Drug Information: Access comprehensive details about your medications.
- **Health Tracking:** Keep track your health progress and adherence.

Our app, with the innovative Pill Identifier, is like having a mini-pharmacist in your pocket. Download it today for a safer, more convenient medication management experience.

Refilling your prescriptions is now easier than ever with our FREE app.







Refill 24/7, set reminders, save on medications and access your account from the new PocketRx mobile app.

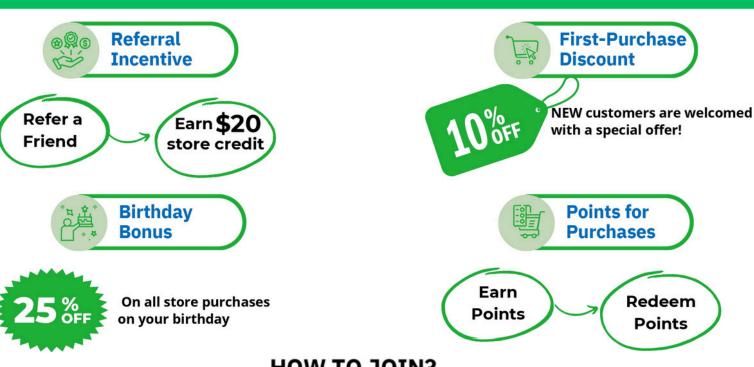
Text me the FREE app now

You'll receive a one-time text with a link to PocketRx app pre-configured for Sierra International Pharmaceutical Corporation.





At Sierra International Pharmaceutical Corporation we value your loyalty and we strive to reward you for choosing us as your healthcare provider.



HOW TO JOIN?

Join our Loyalty Program Today! Call us to enroll or visit us anytime to sign up and start enjoying the benefits.

THANK YOU FOR CHOOSING US!

Our Location

COLUMBIA HEIGHTS PHARMACY

202-232-1455 M-F 9:30am-6:00pm 3316 14th St NW, Washington, DC 20010



YOUR WEIGHT LOSS JOURNEY STARTS HERE WITH GLP-1 SEMA INJECTIONS!

CLINIC HIGHLIGHTS:

- Expert guidance on nutrition and exercise
- Regular virtual check-ins to monitor progress
- Once-weekly tailored GLP-1 Sema injections for safe and efficient weight loss.

WHY CHOOSE OUR TELEMEDICINE CLINIC?

Access top-notch weight loss support from the comfort of your home.

Convenient telehealth consultations with experienced weight loss specialists.

Personalized GLP-1 Sema injection plans for effective and sustainable results.



BOOK A FREE CONSULTATION HERE TO LEARN HOW SIERRA WEIGHT LOSS CLINIC CAN HELP YOU ACHIEVE YOUR GOALS



MORE INFORMATION

sierraweightloss.co



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Sierra Weight Loss Clinic





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& YOU SAVE!

Refer a friend or family member, and you will get \$20 store credit for OTC purchases when they have 2 or more prescriptions transferred.*

Refer

Transfer

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COLUMBIA HEIGHTS PHARMACY

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